

Triathlon Warnija - Dywity 2023 - INDYWIDUALNIE 1/8 IM (400 m - 22 km - 5 km)

Klasyfikacja: OPEN



| M-ce | Nr start. | Nazwisko i imię | Miejscowość | Drużyna | Rok urodz. | Kat. wiek. | M-ce w kat. | Tempo min/km | Tempo km/h | po pływaniu | po zmianie | po rowerze | po zmianie | po 1 petli biegu | Czas netto | Wynik (brutto) | K | M |
|------|-----------|------------------------|----------------|---|------------|------------|-------------|--------------|------------|-------------|------------|------------|------------|------------------|------------|----------------|----|---|
| 1 | 374 | Kurp Marcin | Dobre Miasto | Kuropatwa Team | 1983 | M40-49 | 1 | 02:48 | 21.6 | 08:13 | 09:27 | 56:17 | 56:30 | 01:06:39 | 01:16:16 | 01:16:17 | 1 | |
| 2 | 381 | Jakubowski Jakub | Olsztyn | Najmowicz Triathlon | 1990 | M30-39 | 1 | 02:51 | 21.1 | 07:27 | 08:49 | 57:14 | 57:44 | 01:07:47 | 01:17:47 | 01:17:48 | 2 | |
| 3 | 363 | Skálecki Łukasz | Bartąg | PersonalTriathlon | 1987 | M30-39 | 2 | 02:57 | 20.3 | 09:00 | 10:19 | 01:00:24 | 01:01:08 | 01:11:03 | 01:21:02 | 01:21:03 | 3 | |
| 4 | 370 | Holender Sebastian | Olsztyn | Kuropatwa Team | 1982 | M40-49 | 2 | 02:59 | 20.1 | 07:59 | 09:31 | 59:37 | 01:00:23 | 01:11:17 | 01:21:57 | 01:21:58 | 4 | |
| 5 | 367 | Chojnowski Łukasz | Olsztyn | Chojna Brothers | 1985 | M30-39 | 3 | 03:03 | 19.8 | 10:51 | 12:58 | 01:02:19 | 01:02:31 | 01:12:51 | 01:23:08 | 01:23:09 | 5 | |
| 6 | 356 | Sarol Adrian | Olsztyn | Heart Team Olsztyn | 1989 | M30-39 | 4 | 03:10 | 19 | 08:04 | 09:29 | 01:04:25 | 01:04:51 | 01:15:47 | 01:26:36 | 01:26:36 | 6 | |
| 7 | 359 | Horszczaruk Jacek | Warszawa | | 1967 | M50-59 | 1 | 03:12 | 18.8 | 08:34 | 09:29 | 01:03:41 | 01:04:27 | 01:16:00 | 01:27:13 | 01:27:14 | 7 | |
| 8 | 378 | Pieczkowska Agnieszka | Dywity | Team Warnija | 1978 | K40-49 | 1 | 03:12 | 18.8 | 09:28 | 10:38 | 01:01:15 | 01:01:39 | 01:14:23 | 01:27:17 | 01:27:18 | 1 | |
| 9 | 386 | Kapela Łukasz | Olsztyn | | 1988 | M30-39 | 5 | 03:15 | 18.5 | 09:54 | 11:45 | 01:04:06 | 01:04:54 | 01:17:21 | 01:29:02 | 01:29:03 | 8 | |
| 10 | 371 | Pieczkowski Hubert | Dywity | Team Warnija | 1974 | M40-49 | 3 | 03:16 | 18.3 | 12:54 | 14:15 | 01:02:59 | 01:04:01 | 01:16:58 | 01:29:35 | 01:29:36 | 9 | |
| 11 | 366 | Sułkowski Dariusz | Olsztyn | team myGym | 1969 | M50-59 | 2 | 03:19 | 18.1 | 11:00 | | | 01:06:23 | 01:18:27 | 01:30:47 | 01:30:47 | 10 | |
| 12 | 344 | Ruszkowski Łukasz | Olsztyn | | 1990 | M30-39 | 6 | 03:22 | 17.9 | 09:52 | | | 01:09:06 | 01:20:50 | 01:31:58 | 01:31:58 | 11 | |
| 13 | 352 | Stypułkowski Marcin | Kapłityny | | 1989 | M30-39 | 7 | 03:23 | 17.8 | 12:14 | 13:22 | 01:08:12 | 01:08:55 | 01:20:48 | 01:32:22 | 01:32:23 | 12 | |
| 14 | 364 | Grycuk Mirek | Olsztyn | PersonalTriathlon | 1981 | M40-49 | 4 | 03:24 | 17.7 | 09:15 | 10:28 | 01:08:59 | 01:09:52 | 01:21:18 | 01:32:42 | 01:32:43 | 13 | |
| 15 | 349 | Łaskowska Marzena | Olecko | | 1972 | K50-59 | 1 | 03:28 | 17.3 | 12:45 | 13:50 | 01:10:48 | 01:11:20 | 01:23:21 | 01:35:00 | 01:35:01 | 2 | |
| 16 | 383 | Lisowski Przemek | Dywity | ctmir Spaszewski | 1976 | M40-49 | 5 | 03:29 | 17.3 | 12:47 | 14:14 | 01:11:20 | 01:11:47 | 01:23:22 | 01:35:16 | 01:35:16 | 14 | |
| 17 | 341 | Narodowski Piotr | Biskupiec | | 1980 | M40-49 | 6 | 03:30 | 17.2 | 11:04 | 13:56 | 01:10:43 | 01:11:40 | 01:23:29 | 01:35:27 | 01:35:28 | 15 | |
| 18 | 350 | Cieszyński Michał | Olsztyn | | 1982 | M40-49 | 7 | 03:30 | 17.1 | 09:47 | 11:22 | 01:10:45 | 01:11:38 | 01:23:59 | 01:35:54 | 01:35:54 | 16 | |
| 19 | 382 | Chojnowski Piotr | Dywity | Chojna Brothers | 1977 | M40-49 | 8 | 03:32 | 17 | 11:59 | 13:58 | 01:10:38 | 01:11:28 | 01:23:58 | 01:36:25 | 01:36:26 | 17 | |
| 20 | 369 | Tarkowian Karol | Olsztyn | | 1985 | M30-39 | 8 | 03:34 | 16.8 | 14:14 | 17:19 | 01:09:01 | 01:10:31 | 01:24:52 | 01:38:06 | 01:38:06 | 18 | |
| 21 | 343 | Sienkiewicz Wojciech | Olsztyn | Kriss Coaching | 1959 | M60+ | 1 | 03:37 | 16.6 | 11:21 | 13:47 | 01:13:45 | | 01:27:26 | 01:39:20 | 01:39:20 | 19 | |
| 22 | 347 | Rykowski Paweł | Barczewko | | 1977 | M40-49 | 9 | 03:41 | 16.4 | 12:08 | 14:57 | 01:14:28 | 01:15:21 | 01:28:03 | 01:40:30 | 01:40:31 | 20 | |
| 23 | 375 | Guski Paweł | Dobre Miasto | | 1984 | M30-39 | 9 | 03:40 | 16.4 | 14:42 | 17:09 | 01:14:13 | 01:15:42 | 01:28:22 | 01:40:31 | 01:40:32 | 21 | |
| 24 | 377 | Niesiołędzka Katarzyna | Olsztyn | | 1982 | K40-49 | 2 | 03:41 | 16.2 | 11:53 | 13:33 | 01:14:12 | 01:14:44 | 01:28:23 | 01:41:20 | 01:41:21 | 3 | |
| 25 | 358 | Koper Piotr | Olsztyn | | 1973 | M50-59 | 3 | 03:43 | 16.2 | 11:07 | 12:21 | 01:13:42 | 01:14:26 | 01:41:29 | 01:41:30 | 01:41:30 | 22 | |
| 26 | 376 | Kościeszka Robert | Olsztyn | Tri NEGU / Najmowicz Triathlon | 1972 | M50-59 | 4 | 03:43 | 16.2 | 08:25 | 10:57 | 01:14:13 | 01:14:42 | 01:28:18 | 01:41:39 | 01:41:39 | 23 | |
| 27 | 361 | Kowalski Grzegorz | Olsztyn | ORANGE Polska | 1974 | M40-49 | 10 | 03:43 | 16.2 | 12:20 | 14:59 | 01:19:19 | 01:20:02 | 01:30:51 | 01:41:42 | 01:41:43 | 24 | |
| 28 | 385 | Kostek Mateusz | Kieźliny | TerazToRuszy | 1996 | M20-29 | 1 | 03:43 | 16.2 | 12:54 | 16:34 | 01:12:44 | 01:13:29 | 01:27:40 | 01:41:45 | 01:41:45 | 25 | |
| 29 | 380 | Kulas Kamil | Kieźliny | | 1991 | M30-39 | 10 | 03:45 | 16.1 | 11:14 | 14:33 | 01:17:39 | 01:18:30 | 01:30:31 | 01:42:19 | 01:42:19 | 26 | |
| 30 | 384 | Lenda Krystian | Wadąg | team myGym | 1982 | M40-49 | 11 | 03:44 | 16.1 | 13:15 | 16:38 | 01:14:27 | 01:15:15 | 01:30:16 | 01:42:22 | 01:42:22 | 27 | |
| 31 | 362 | Adamiuk Szymon | Olsztyn | Adamiuk Granit Team | 2004 | M18-19 | 1 | 03:44 | 16 | 11:08 | 13:20 | 01:11:21 | 01:12:06 | 01:28:08 | 01:42:30 | 01:42:31 | 28 | |
| 32 | 342 | Filipkowski Łukasz | Olsztyn | team myGym | 1991 | M30-39 | 11 | 03:48 | 15.8 | 17:05 | 19:10 | 01:18:38 | 01:19:11 | 01:31:50 | 01:44:00 | 01:44:01 | 29 | |
| 33 | 357 | Głogowski Kamil | Olsztyn | | 1987 | M30-39 | 12 | 03:48 | 15.7 | 14:23 | 17:03 | 01:21:51 | 01:22:39 | 01:33:24 | 01:44:24 | 01:44:25 | 30 | |
| 34 | 368 | Kłos Jan | Olsztyn | URWIS BIEGA | 1964 | M50-59 | 5 | 03:54 | 15.3 | 13:06 | 16:02 | 01:21:23 | 01:22:34 | 01:34:54 | 01:47:13 | 01:47:14 | 31 | |
| 35 | 379 | Czuryło Piotr | Kieźliny | | 1990 | M30-39 | 13 | 04:03 | 14.8 | 12:30 | 14:36 | 01:18:04 | 01:20:19 | 01:35:30 | 01:50:57 | 01:50:58 | 32 | |
| 36 | 340 | Grabowski Szymon | Wadąg | | 1987 | M30-39 | 14 | 04:06 | 14.6 | 11:10 | 14:43 | 01:19:30 | 01:21:07 | 01:36:48 | 01:52:15 | 01:52:16 | 33 | |
| 37 | 373 | Gotowski Daniel | Dywity | Akademia Zdrowego Stylu Życia URUZ Dywity | 1976 | M40-49 | 12 | 04:10 | 14.4 | 12:32 | 15:28 | 01:25:04 | 01:25:34 | 01:39:23 | 01:53:55 | 01:53:55 | 34 | |
| 38 | 345 | Suświłło Marek | Giedajty | | 1981 | M40-49 | 13 | 04:17 | 14.1 | 16:48 | 20:19 | 01:22:54 | 01:23:56 | 01:39:58 | 01:56:56 | 01:56:57 | 35 | |
| 39 | 360 | Danielewska Katarzyna | Olsztyn | | 1984 | K30-39 | 1 | 04:22 | 13.8 | 13:28 | 15:30 | 01:28:53 | 01:30:15 | 01:44:59 | 01:59:28 | 01:59:28 | 4 | |
| 40 | 354 | Ciesielski Piotr | Maksymilianowo | | 1971 | M50-59 | 6 | 04:22 | 13.7 | 12:22 | 17:24 | 01:30:47 | 01:31:44 | 01:46:20 | 01:59:37 | 01:59:37 | 36 | |
| 41 | 353 | Durak Jerzy | Spręcowo | | 1954 | M60+ | 2 | 04:22 | 13.7 | | | | 01:25:44 | 01:42:58 | 01:59:37 | 01:59:37 | 37 | |

**Triathlon Warnija - Dywity 2023 -
INDYWIDUALNIE 1/8 IM (400 m - 22 km - 5
km)
Klasyfikacja: OPEN**



| M-ce | Nr start. | Nazwisko i imię | Miejscowość | Drużyna | Rok urodz. | Kat. wiek. | M-ce w kat. | Tempo min/km | Tempo km/h | po pływaniu | po zmianie | po rowerze | po zmianie | po 1 pętli biegu | Czas netto | Wynik (brutto) | K | M |
|------|-----------|---------------------|-------------|---|------------|------------|-------------|--------------|------------|-------------|------------|------------|------------|------------------|------------|----------------|----------|----|
| 42 | 346 | Gilon Jakub | Olsztyn | Trzy księżycy w jonej linii ... | 1986 | M30-39 | 15 | 04:35 | 13.1 | | | | | 01:31:17 | 01:48:32 | 02:05:26 | 02:05:26 | 38 |
| 43 | 351 | Przyborowska Bożena | Olsztyn | Łączy nas nie tylko joga | 1964 | K50-59 | 2 | 04:36 | 13 | 12:19 | 15:19 | 01:32:17 | 01:33:00 | 01:49:35 | 02:06:16 | 02:06:17 | 5 | |
| 44 | 372 | Gotowska Joanna | Dywity | Akademia Zdrowego Stylu Życia URUZ Dywity | 1977 | K40-49 | 3 | 05:05 | 11.8 | 16:13 | 19:22 | 01:41:23 | 01:42:24 | 02:01:12 | 02:19:21 | 02:19:21 | 6 | |
| DNF | 348 | Łaskowski Tomasz | Olecko | | 1970 | M50-59 | | | 0 | 12:44 | | | | | | | | |